



**SJP** Wellbeing  
Person First. Therapy & Education.

## SJP Wellbeing Fee Structure – Effective 2026

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At SJP Wellbeing, our fees reflect practitioner experience, clinical responsibility, and the level of support provided. This structure allows us to offer consistent, high-quality care while maintaining access pathways for individuals and families with different needs and circumstances.

### Directors Fees

(Practice Owner)

Director sessions are provided by Shani the Director of SJP Wellbeing and are suited to clients seeking senior-level clinical care, complex trauma support, neurodivergent-affirming therapy, leadership support, or long-term therapeutic work requiring advanced formulation and integration. *This may mean a small co-payment for some clients utilising insurance claims, or NDIS that have capped rates below these fees.*

### Fees

Initial Consultation (90 mins)	<b>\$325</b>
Standard Consultation (60 mins)	<b>\$220</b>

*Couples and family work is provided in 90-minute sessions.*

## Clinical Counsellors

*(Clinical registration with PACFA or Level 3+ ACA)*

Clinical Counsellors hold advanced qualifications and have met the extensive client-hour and supervision criteria required for clinical registration.

They are highly experienced practitioners skilled in supporting complex mental health concerns, trauma, and long-term personal growth.

### Fees:

Initial Consultation (90 mins)	<b>\$285.50</b>
Standard Consultation (60 mins)	<b>\$185.50</b>

*\* Couples and family work are always 90 min sessions*

## Registered Practising Counsellors

*(Degree-qualified, Practising registration with PACFA or Level 2 ACA)*

Registered Practising Counsellors are degree-qualified mental health professionals who provide evidence-based counselling for emotional, relational, and psychological challenges.

They are supervised by senior members of the SJP Wellbeing clinical team.

### Fees:

Initial Consultation (90 mins)	<b>\$245.50</b>
Standard Consultation (60 mins)	<b>\$170.50</b>

*\* Couples and family work are always 90 min sessions*

## Level 1 ACA Counsellors

### (Graduate Diploma qualified | ACA Level 1)

Level 1 ACA Counsellors are degree-qualified practitioners in the early stage of their professional counselling career and are registered with the Australian Counselling Association at Level 1.

They work under clinical supervision and provide supportive, evidence-informed counselling for a range of everyday mental health and wellbeing concerns.

Supporting clients with:

- Stress, overwhelm, and burnout
- Anxiety and low mood
- Life transitions and adjustment
- Relationship and communication challenges
- Self-esteem and confidence
- Workplace stress and coping strategies

This option is well suited to clients seeking structured, supportive counselling for current concerns, or as a starting point in therapy.

### Fees

Initial Consultation (90 mins)	<b>\$190.00</b>
Standard Consultation (60 mins)	<b>\$120.00</b>

*Reduced Fee Pathway rates do not apply to Level 1 ACA Counsellor sessions.*

*Couples work not available for Level 1 Counsellors.*

## Intern Counsellors

*(Final-year counselling interns under clinical supervision)*

Intern Counsellors are in the final stage of their degree and work under the close supervision of our clinical team.

They can support clients with stress, anxiety, relationships, self-esteem, and life transitions, offering an affordable entry point into therapy.

**Fees:**

Initial Consultation (90 mins)	<b>\$50</b>
Standard Consultation (60 mins)	<b>\$25</b>

**Reduced Fee Pathway (RFP)**

*(Fixed rate for eligible clients)*

The Reduced Fee Pathway provides limited, lower-cost sessions for clients experiencing genuine financial hardship who are committed to therapy but do not have access to private health, NDIS, or other funding supports.

**Fixed Fees:**

Initial Consultation (90 mins)	<b>\$197.85</b>
Standard Consultation (60 mins)	<b>\$142.75</b>

*\* Couples and family work are not available on RFP, unless being seen individually.*

**Access Options:**

- **Weekly Commitment Plan:** For clients attending weekly or fortnightly sessions; reviewed every 10 sessions or 3 months. Whichever is sooner.
- **Limited Access Plan:** For clients attending less frequently; capped at 6 sessions total at the reduced rate.

#### **Availability:**

- RFP places are limited to **15% of our total active caseload** to maintain fairness and sustainability.
- When this limit is reached, new applicants will be added to a waitlist or offered sessions with a **student counsellor**.

#### **After Hours and Saturday Appointments**

Appointments offered outside standard business hours are billed at a higher fee to support clinician availability and sustainable service delivery.

- **After hours appointments (any session beginning before 9am or commencing after 5:00pm):** standard session fee + \$20
- **Saturday appointments:** standard session fee + \$30

These adjusted fees apply across all practitioner levels and session types.

#### **NDIS and RTWSA Sessions**

- **NDIS:** \$156.16 per hour (aligned with NDIS Therapeutic Supports rate). Plus a 10-minute billable Support Activity per session (\$26.03).
- **RTWSA and motor vehicle insurance:** In line with current insurer-approved fee schedules.

#### **Reports and Letters**

Reports and letters are billed for professional time outside of therapy sessions.

A minimum of 6 sessions is required before reports can be prepared to ensure clinical accuracy.

#### **Fees:**

- Reports / Formal Letters (15-minute blocks): **\$42.65**
- Short Support Letters (15-minute blocks): **\$35.70**

## Release of files

At SJP Wellbeing, we believe clients should have easy access to their own clinical information. Clients are welcome to request a copy of their session notes at any time during their treatment at no charge. This can be arranged directly with your clinician or through our admin team.

Requests for the release of a complete clinical file are a different process. A full file release requires careful review, preparation, and clinical oversight to ensure records are accurate, complete, and that clients are appropriately supported in receiving them. Accordingly, the following fees apply:

<b>In-Person File Review Appointment (recommended)</b>	<b>\$220.00</b>
<b>Administrative processing without appointment</b>	<b>\$220</b>
<b>Photocopying (files exceeding 50 pages)</b>	<b>25c per page</b>

Our strongly recommended pathway is an In-Person File Review Appointment with your clinician or our Director. This ensures you have professional support available when reading your records, as clinical notes are working documents written in a professional context and are best understood with guidance. A copy of your file is provided to you at the end of this appointment.

Should you choose not to attend an appointment, your file will be reviewed by the clinical lead prior to release. You will be contacted if there are any concerns.

*File release requests are managed in accordance with the Privacy Act 1988 (Cth) and the Australian Privacy Principles. In circumstances where release may pose a risk to the health or safety of any individual, SJP Wellbeing reserves the right to decline release and will advise you in writing.*

## Payment Options

Payment is required upon booking.

Flexible **payment plans** are available for both full-fee and RFP clients to spread costs via direct debit.

## **Booking Information**

### **New Clients:**

Book your first session or discovery call directly [online — no login needed.](#)

Once confirmed, you'll receive access to our **Zanda Client Portal** for ongoing appointments.

### **Existing Clients:**

Manage your bookings, invoices, and documents anytime via the [Zanda Client Portal.](#)